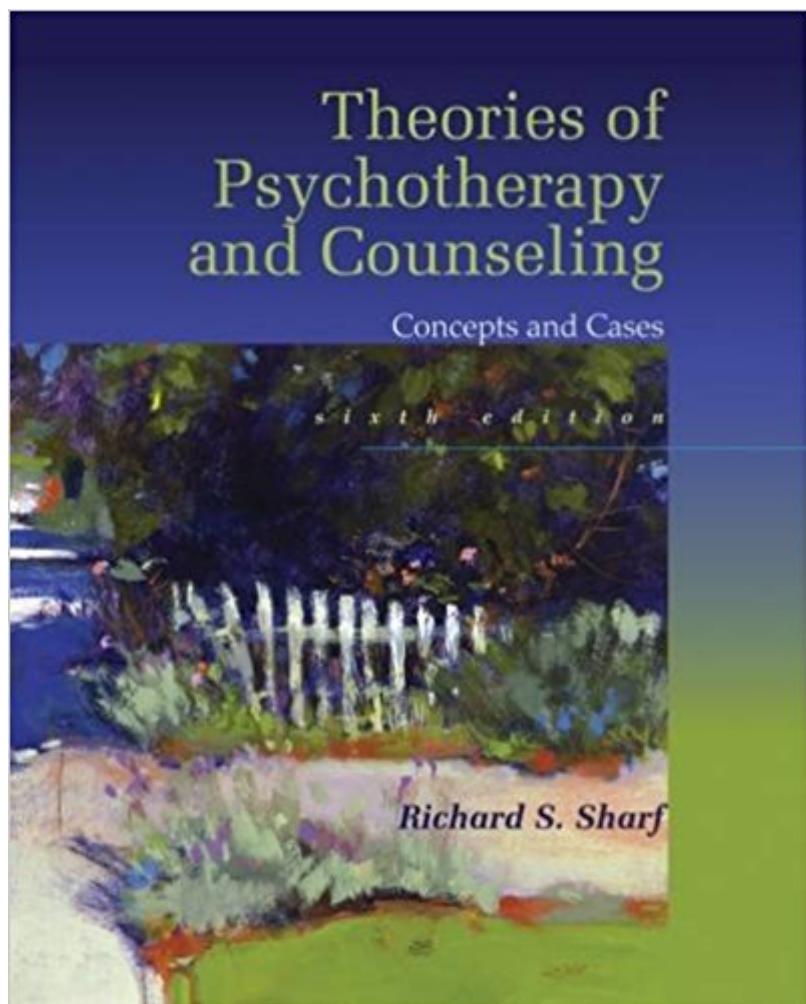


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Theories Of Psychotherapy & Counseling: Concepts And Cases



Synopsis

Comprehensive in scope yet succinct in its descriptions and explanations, **THEORIES OF PSYCHOTHERAPY AND COUNSELING: CONCEPTS AND CASES**, 6th Edition equips readers with a solid understanding of the systematic theories of psychotherapy and counseling. The book delivers a thorough explanation of concepts as well as insightful case summaries and therapist-client dialogues that illustrate techniques and treatment in practice. It demonstrates how theories can be applied to individual therapy or counseling for common psychological disorders—such as depression and generalized anxiety disorders—as well as how to apply them to group therapy.

Book Information

Hardcover: 816 pages

Publisher: Cengage Learning; 6 edition (January 1, 2015)

Language: English

ISBN-10: 1305087321

ISBN-13: 978-1305087323

Product Dimensions: 1 x 10 x 12 inches

Shipping Weight: 3.4 pounds (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars Â See all reviews Â (10 customer reviews)

Best Sellers Rank: #103,639 in Books (See Top 100 in Books) #163 in Â Books > Textbooks > Education > Counseling #268 in Â Books > Medical Books > Psychology > Counseling #300 in Â Books > Education & Teaching > Schools & Teaching > Counseling

Customer Reviews

I used this book for my Theory class in a CACREP program. Overall, it was a decent book packed with a lot of relevant information. However, the book was VERY dense. I think Sharf could have made the book much more concise by eliminating or consolidating some sections, particularly the last sections in every chapter (such as the "gender" and "multicultural" sections). Regardless, I will definitely use this as a reference when I'm studying for the NCE.

Using this as a text for a graduate level class. Text is well-organized and presents numerous theories of psychotherapy and counseling in a way that is interesting even to others who aren't studying psychology.

I was terrified to learn about theories in grad school as I didn't think I'd grasp the concepts easily. This book makes it so easy and I love reading about the theorists! Would definitely recommend.

Absolutely wonderful! Used it in my graduate program at Northwestern University.

Product received as promised and in great condition

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